

11/30/76 darshan --- [BND took notes starting earlier than these]

In sat yuga there was 100% truth. Any action or unconscious thought or accident was punishable. $\frac{3}{4}$ untruth and $\frac{1}{4}$ truth, now, applies to thoughts and actions.

(Question about asking forgiveness or praying.) Praying with complete faith is very hard to do. God is not far. If only one time we ask him to appear, he will. But that one time hardly comes. If you have complete faith, then you are God. The duality is gone. For that one moment.

Babaji does not believe in spirits' having form and being dangerous, but has seen people possessed by ghosts.

Fear and darkness are related. Don't do sadhana in a cave without checking it out first, including history of things that have happened in it.

(Is there any fear behind all others?) Fear of death. (Is there any other fear, if one gets over the fear of death?) No. When a person starts identifying with the Self, then this fear goes away. (Is sadhana the way?) If it brings enlightenment. (Is putting oneself in dangerous situations a way?) Trying to die is also the fear of death. But constant exposure is a way. Pilots are less afraid. (But they drink a lot when not working. Doctors too.) (Other ways to work with the fear of death?) By understanding it.

What dies: the body dies. And that is buried or burned. The consciousness never dies. It leaves the body with the Self.

The soul goes out one of the apertures of the body. If apana vayu is stronger than prana vayu, it goes out a lower opening, which causes the next incarnation to be a lower form. Can go out eyes, ears, etc. Brahmaandra is the best. Yogis can make it go out there.

(Is there a standard time between death and rebirth? There is only one time when there are bodies.) [???

One old woman died on Babaji's lap. Just before death, her face showed pain. "Then he felt something leave. Her eyes opened up and it left from there.

Dying without fear means no fear or anger in next life.

(Fear of pain is related to fear of death?) Pain is related to death, from identification with the body.

In a dream one can see that he is dying or has died, but he is still away from it, a witness.

(When people die in their sleep, are they conscious?) They go to a state of mindlessness, a faint.

(Patanjali says the life is reviewed in the light of the atman at death. Is it the same in dying and being reborn while still alive?) They are different things. You relate to the same body. In the yoga sutras, that is a different death, death of the ego. You related to your parents with the same body, which you identified as you. If you get enlightenment, then it will be different. Then you don't identify with the body.

Manu, the first man, is supposed to have state the theory of the yugas. Sri Yukteshwara said that at one point in kali yuga it was so dark that the time was miscalculated, and that in fact we're no longer in kali yuga. No one in India accepts this idea. The said sat yuga was 4800 years, next 2400, next 1200, then 600. These are the years of devas. Multiplied by 1260, man's years = 1,728,000 = traditional length of sat yuga.)

(If teachers are enlightened, how can these differences happen?) People can interpret things in their own way. It is all written in Manas Smriti. Gita is interpreted many different ways.

Enlightened beings or scholars, it also makes confusion. In Srimad Bhagavad it is written what base levels will be reached in rest of kali yuga. (People will eat each other.)

Kali means black. Also Kalki, an incarnation of Vishnu, is supposed to appear in kali yuga.

(Is there a fear of death of the mind, of becoming a vegetable, that is different from fear of death?) The mind is in the body. It is the same fear. (Death of the world as you know it.) Ego death is different.

It is desire to live that creates fear of death.

(Is death always with you, waiting?) If you don't know the future, you have to accept it. (How can you know the future?) Sadhana. It can happen all of a sudden or gradually.

(Is fear of ego death stronger than fear of death of the body?) Fear of death is completely ignorance. Fear of death of the ego comes in (the course of) sadhana. (Can a person doing sadhana come to fear ego death more than death of the body?) Fear of losing attachment to the world.

(Form of ego's fighting back?) It depends on the person's ego. Weak ego, strong ego, ego with negativity, ego with positivity. Starts with tamasic ego (including anger and jealousy).

(Is attachment to God the last attachment to go?) Attachment to the goal goes away when the goal is achieved. When the goal is achieved, then there is no duality.

Anger is a part of attachment. In the sattvic ego there is no attachment. [following three entries were earlier during same darshan]

Babaji asked a man how he was, then asked how his lady was and, hearing she was happy, Babaji said the man should be happy. Man's happiness is dependent [Babaji used a different word] on woman's. (And is a woman's on a man's?) Babaji nods. Do you mean a cucumber can cut a knife?

An air type said she goes to sleep during corpse pose after asanas, but it is not exactly sleep. Babaji said Then what is it? [this was never answered]

(Are you still growing?) Physically, no. I'll never be more than 5'5". Spiritual growth never stops.